

KOREAN STICKY CHICKEN

For those of you who like your food spicy! Delicious, very easy to make, but it's HOT! SERVES 4 PEOPLE

INGREDIENTS

450 gm chicken breasts, cut into large chunks

2 tablespoons honey

3 tablespoons gochujang (Korean chili paste) *

3 tablespoons soy sauce **

1 teaspoon freshly grated ginger

2 garlic cloves, finely chopped

1 tablespoon vegetable oil

1 tablespoon sesame seeds

2 spring onions, finely chopped

DIRECTIONS

In a bowl combine honey, gochujang, oil, soy sauce, ginger, and garlic. Mix well until combined.

Place chicken chunks in a shallow dish and pour marinade over it. Cover the dish and put in the fridge for at least 30 minutes – longer if possible.

Use a slotted spoon to remove the chicken from the marinade and set aside.

Heat oil in a large pan over medium-high heat, when sizzling add chicken and cook for about 8 minutes, or until cooked through. It's best when it's lovely and brown on one side – so don't turn it too often.

Add the marinade to the pan and cook, coating the chicken on all sides. Continue to cook for about 2-3 minutes until the sauce thickens and the chicken is caramelized.

Sprinkle with sesame seeds and stir one last time to coat evenly.

Transfer to a bowl and top with chopped spring onions.

Serve immediately!

NOTES

* Gochujang is VERY hot and spicy. You can find it online, and it comes in a red tub. Don't be tempted to exceed the amount used here! At least until you've tried it once.

** I always use Kikkoman Ponzu Soy Sauce – in fact, I use this in place of soy sauce in everything. It's slightly seasoned with citrus, and I find it slightly lighter and more gentle than other soy sauces. But use whatever is your preference.